

Kentucky School of Alcohol and Drug Studies

Presents

*Father Hunger/Father Wounds Intervention
Strategies with Chemically Dependent
Clients Impacted by Fatherlessness*

Presenter

Mark Sanders, LCSW, CADC



Wilma Rudolph

Definition of Key Terms

Father Hunger

A lack of sufficient fathering due to death, emotional unavailability or desertion and the child's yearning for this fathering, often throughout their life span.

Definition of Key Terms Continued

Father Wounds

The injury of a child verbally, emotionally, physically or sexually by his or her father and the life long effects of the wounds.

*Celebrities raised
by
single parents*



George Washington



Andrew Jackson



Alexander Hamilton



Bill Clinton



Barack Obama



Christina Aguilera



Julia Roberts



Angelina Jolie



Kelly Rowland



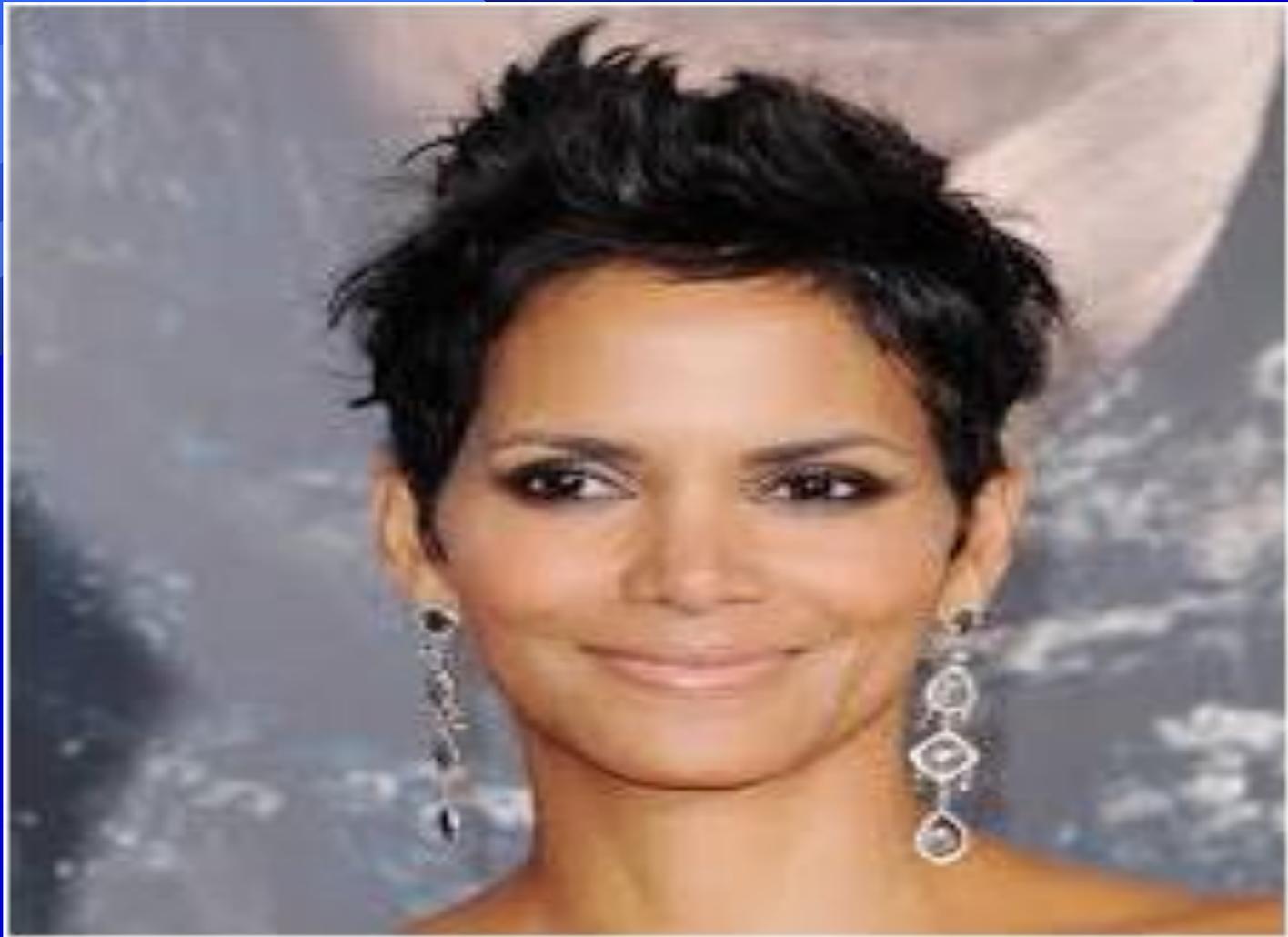
Barbara Streisand



Demi Moore



Alicia Keys



Halle Berry



Jodie Foster



Al Pacino



Dr. Ben Carson



Tom Cruise



P Diddy



Eminem



Lebron James



J. K. Rowling



Mariah Carey

*Celebrities raised
by
grandparents*



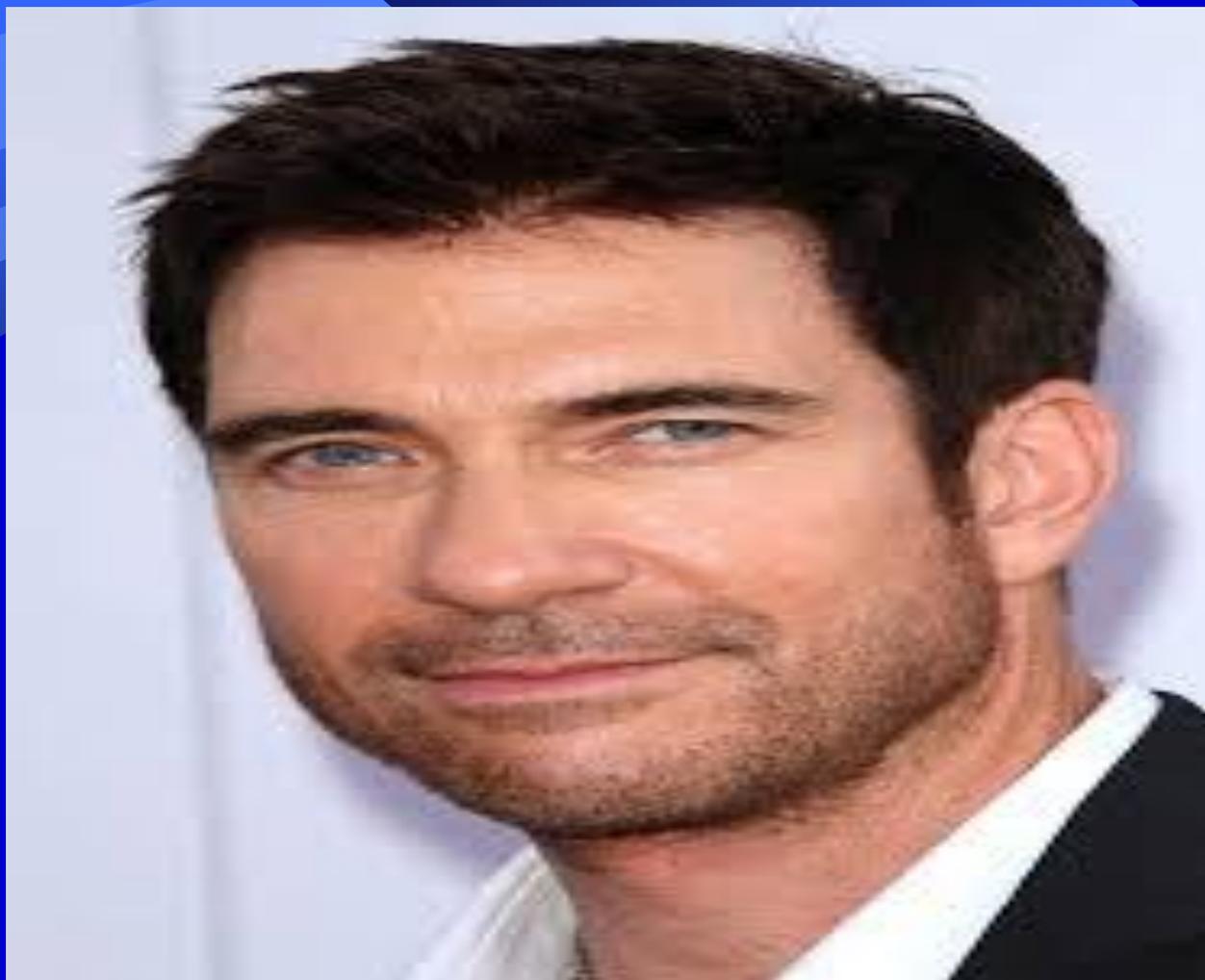
Vanna White



50 Cent



Carol Burnett



Dylan McDermott



Jack Nicholson



Kellie Pickler



Oprah Winfrey



Pierce Brosnan



Willie Nelson

What Involved, Responsible, and Committed Fathers Provide For their Daughters

- *Positive impact in utero*
- *Greater birth weight*

Involved Fathers Continued

- *Decreased risk of premature death*
- *Nurturing*
- *Affirmation*
- *Protection*

Involved Fathers Continued

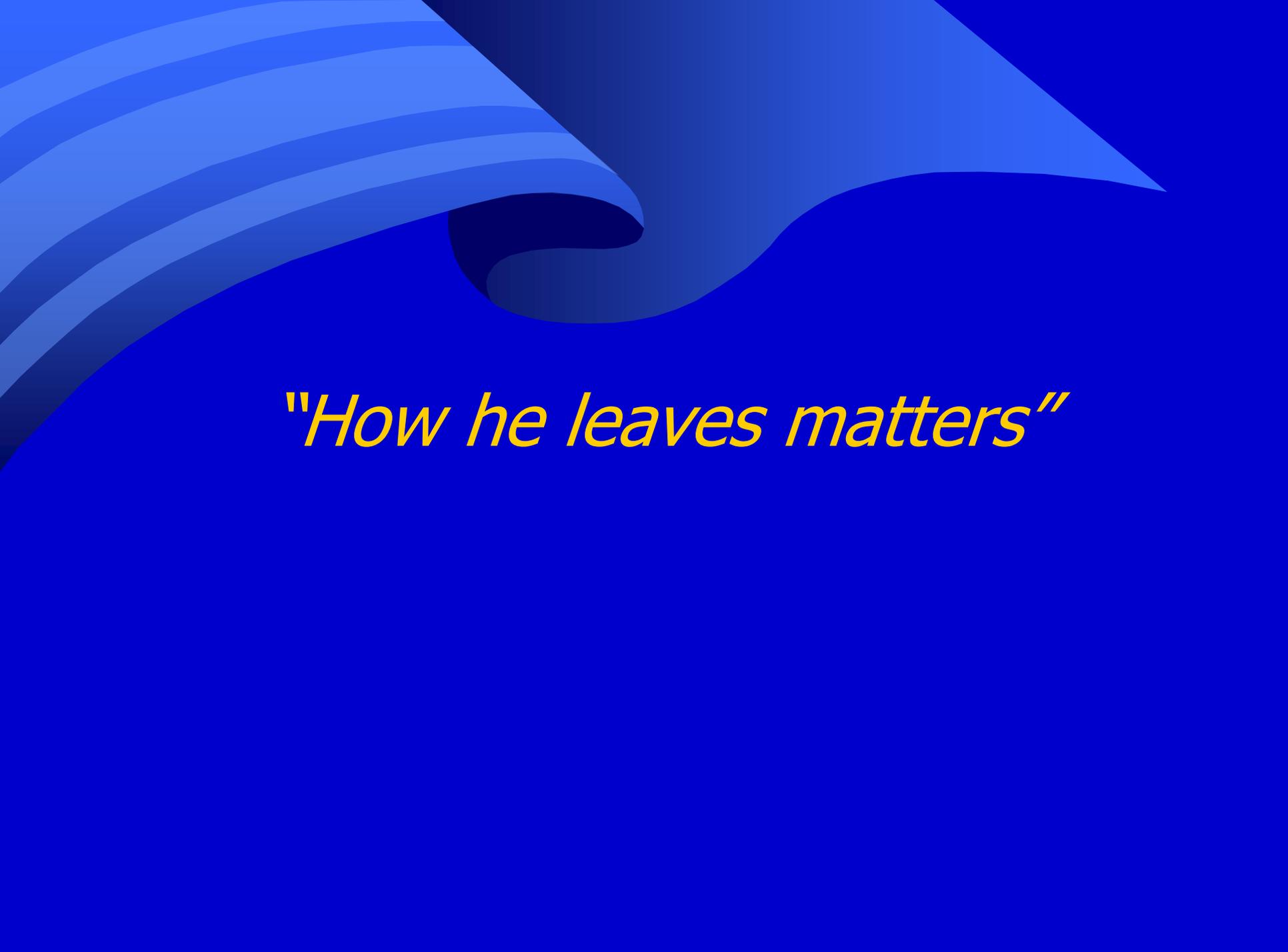
- *Security*
- *Confidence*
- *Increased probability of healthy relationships*
- *Help with individuation*

Involved Fathers Continued

- *Attention*
- *Decrease in financial insecurities*
- *The male perspective*
- *Decreased risk of sexual abuse*
- *Increased probability of academic success*



*The Impact of Fatherlessness on
Girls*



"How he leaves matters"

3 Ways Fathers Leave Their Daughters

- *Death*
- *Desertion*
- *Divorce*



Dr. Martin Luther King Jr.

Malcolm X

Other Ways Fathers Leave Their Daughters

- *Workaholism*
- *Depression*
- *Emotional unavailability*
- *Addiction*



Drew Barrymore

Her father was an alcoholic who threw her against the wall at age 3 and left the family when she went to the alcohol rehab at age 13.



Nicki Minaj

Her father was addicted to alcohol and other drugs.



Adele

Her father was an alcoholic. He left the family when Adele was 3.



Rihanna's father is addicted to crack cocaine and alcohol.

Fatherless Daughters Continued

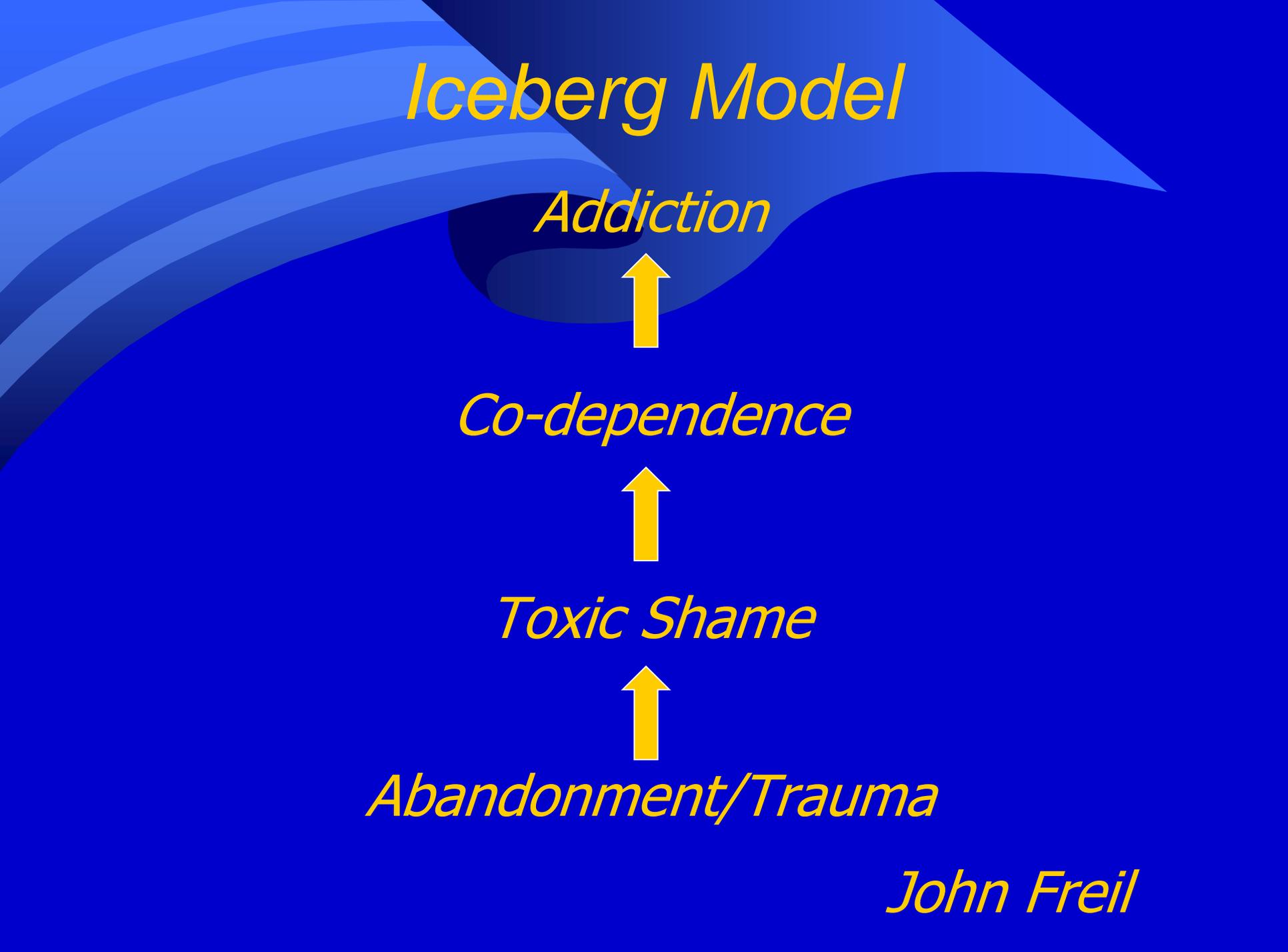
Father Hunger

- *Constant search*
- *Dating older males*
- *Promiscuity*
- *Desperately seeking love*
- *"A national day of mourning"*

Fatherless Daughters Continued

- *Toxic shame and abandonment issues*
- *Heavy drug use*
- *An addictive relationship style*

Iceberg Model

The diagram features a blue background with a stylized iceberg. The top part of the iceberg, which is above the water line, is a light blue and contains the text 'Iceberg Model'. The submerged part of the iceberg is a darker blue and contains a vertical sequence of four terms: 'Addiction', 'Co-dependence', 'Toxic Shame', and 'Abandonment/Trauma'. Each term is connected to the one above it by a yellow arrow pointing upwards.

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Guilt vs. Shame

Guilt

- *Behavior*
- *"I've done wrong"*
- *"I've done bad"*
- *"I made a mistake"*

Shame

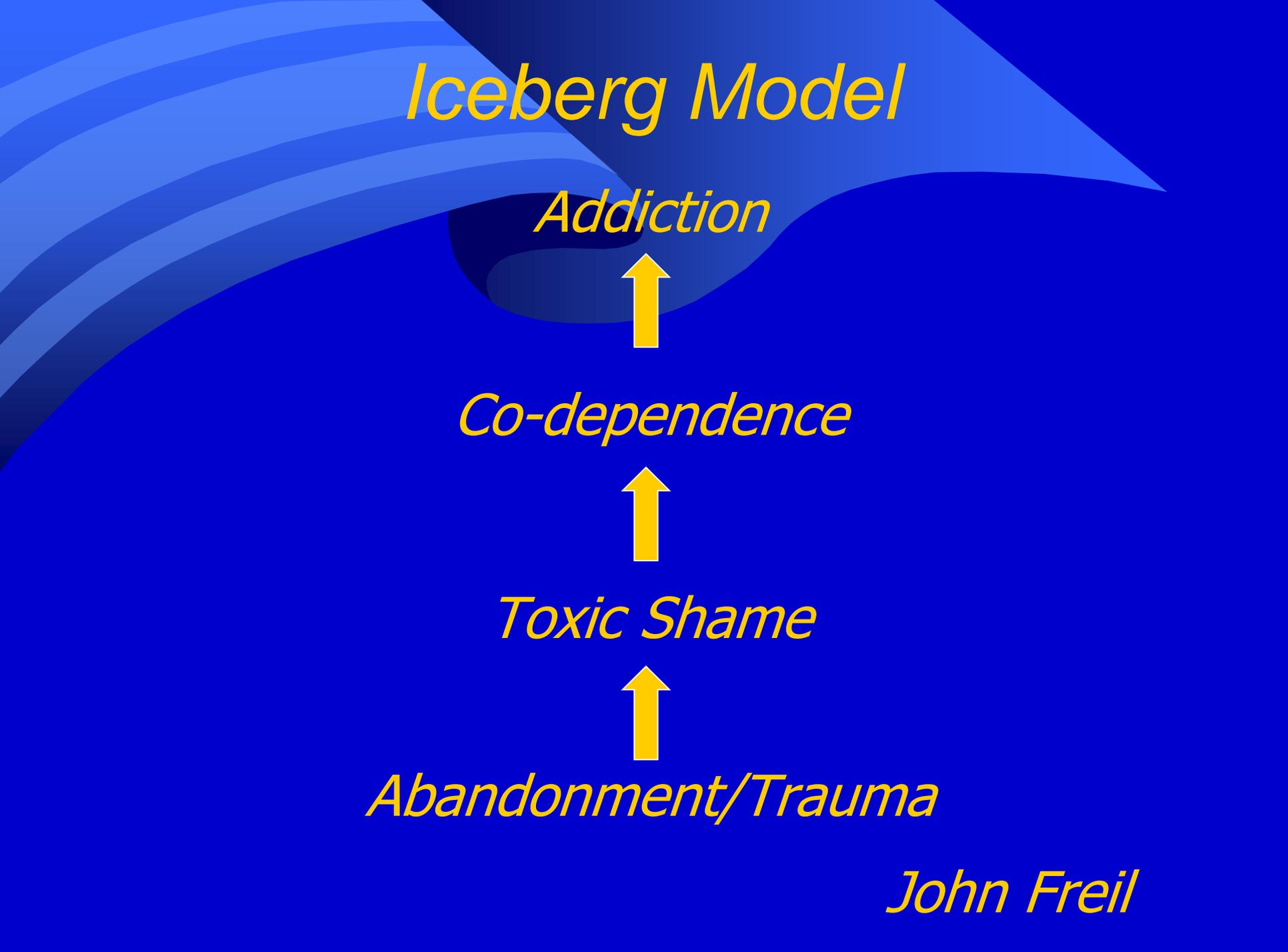
- *Your being*
- *"There is something wrong with me"*
- *"I am bad"*
- *"I am a mistake"*

Shame

The belief that I am unlovable and unworthy of belonging.

Brene Brown, Ph. D.

Iceberg Model

The diagram features a blue background with a stylized iceberg. The top part of the iceberg is above the water line, while the larger part is submerged. The text 'Iceberg Model' is written in yellow, italicized font at the top. Below it, the word 'Addiction' is written in yellow, italicized font, positioned just above the water line. Below 'Addiction' is a yellow arrow pointing upwards to the word 'Co-dependence', which is also in yellow, italicized font. Below 'Co-dependence' is another yellow arrow pointing upwards to the words 'Toxic Shame', in yellow, italicized font. Below 'Toxic Shame' is a third yellow arrow pointing upwards to the words 'Abandonment/Trauma', in yellow, italicized font. The overall visual metaphor suggests that the visible part of the iceberg (Addiction) is supported by a much larger, hidden part (Co-dependence, Toxic Shame, and Abandonment/Trauma).

Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Co-dependence

An over involvement with things outside of us and an underinvolvement with things inside of us. Left untreated codependence can lead to addiction.

John Friel

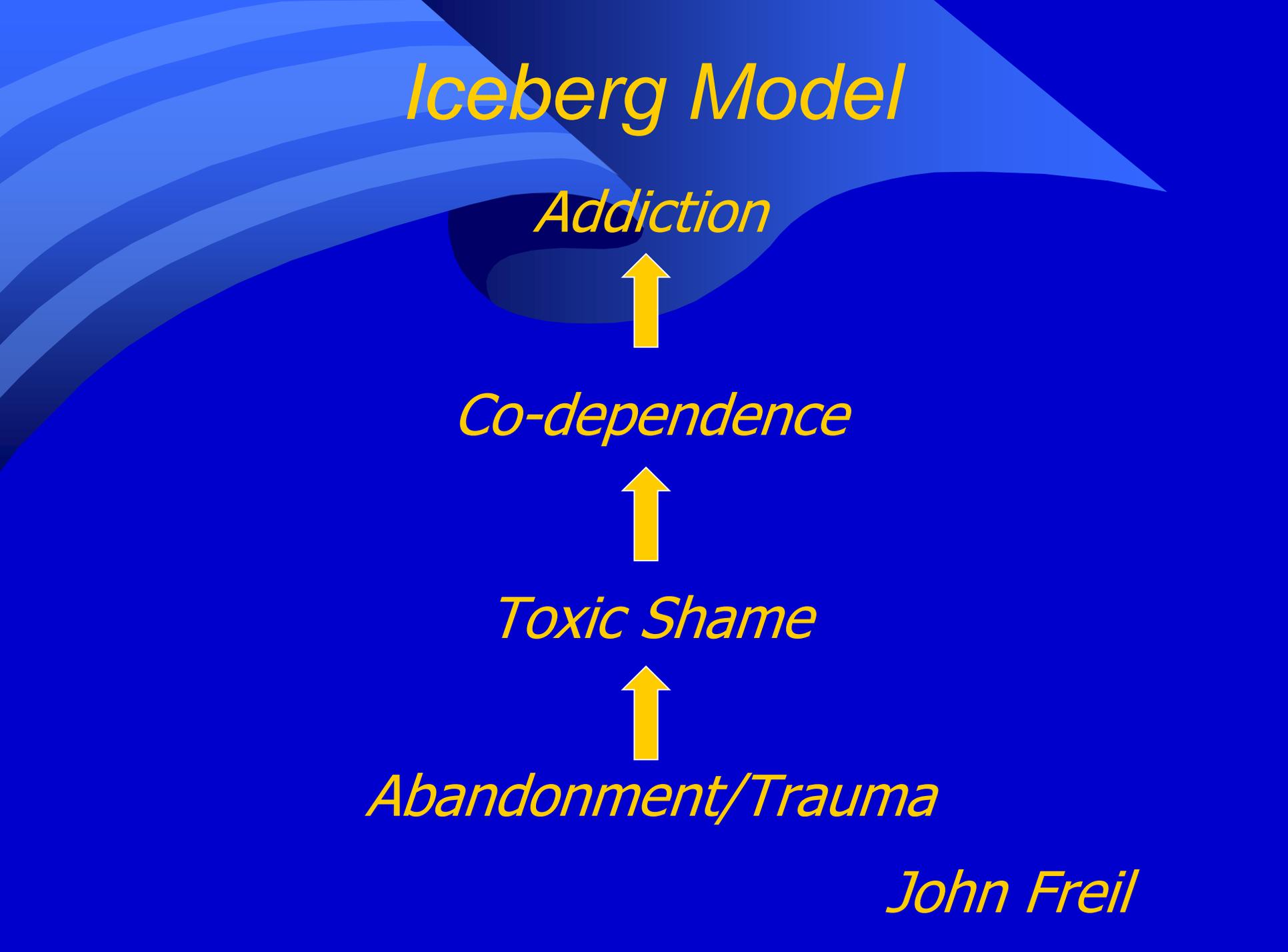


Marilyn Monroe



Billie Holiday

Iceberg Model

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Addiction



Co-dependence



Toxic Shame



Abandonment/Trauma

John Freil

Fatherless Daughters Continued

- *Depression*
- *Increase in violence*
- *Gang affiliation*

Fatherless Daughters Continued

- *Decreased emotional intelligence*
- *Angry demeanor and attitude*
- *Unresolved grief*

Fatherless Daughters Continued

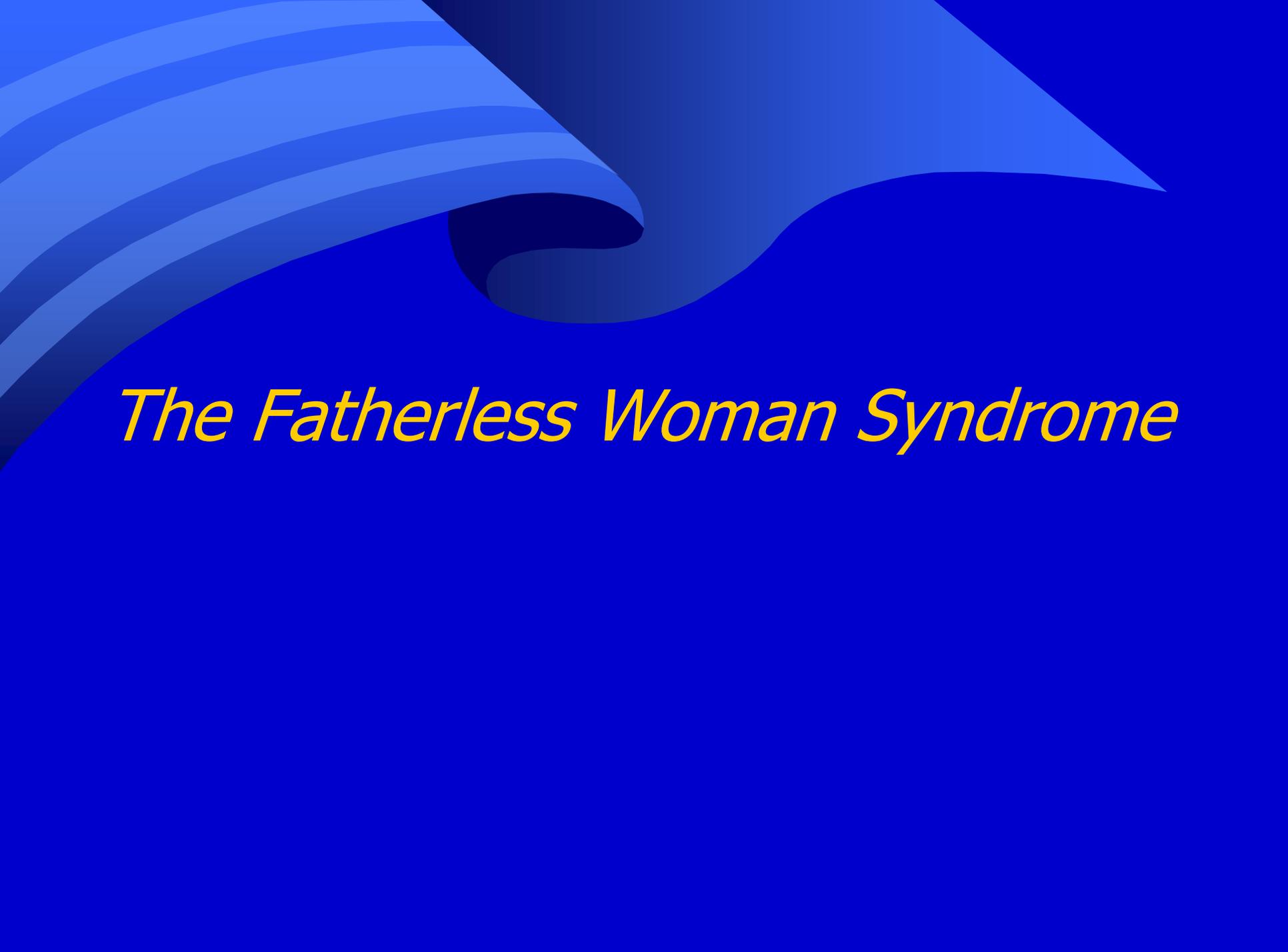
- *Feeling ugly*
- *Rift with her mother*
- *Difficulty trusting men*

Fatherless Daughters Continued

- *Self-abuse*
- *Increased desire to have a baby as a teen*
- *Spiritual distress*



Increased Risk of Domestic Violence



The Fatherless Woman Syndrome

The Fatherless Woman Syndrome

The "un" factor

- *Unworthy of success*
- *Unworthy of love*

The Fatherless Woman Syndrome Continued

The triple fear factor

- *Fear of commitment*
- *Fear of relationships*
- *Fear of being alone*

The Fatherless Woman Syndrome Continued

Sexual factor

- *Promiscuity*
- *Sexual anorexia*

The Fatherless Woman Syndrome Continued

- *The mask factor*
- *The perfection factor*
- *The projection factor*
- *The get even factor*

The Fatherless Woman Syndrome Continued

- *Addictive relationship factor*
- *Depression factor*

*Source: Whatever Happened to Daddy's Little
Girl? By Jonetta Rose Barras*

Intervention Strategies with Girls and Women

- *Talk therapy- to address issues of abandonment*
- *Grief work*
- *Reading*

Intervention Strategies Continued

- *Gestalt Therapy*
- *Treat the cover-ups*
- *Involve grandfathers and uncles*
- *Rally the extended family*

Intervention Strategies Continued

- *Encouraging journaling*
- *Involve in activities that increase confidence*
- *Recommend sports*
- *Help with affirmations...*

Intervention Strategies Continued

- *Help with the search- "National Daddy-Daughter Reunion Tour"*

Intervention Strategies Continued

Help with the question, "Who was my father?"

- *Mother*
- *Maternal grandparents*
- *Paternal grandparents*
- *Aunts and uncles*
- *High school yearbook*
- *Your father's friends*
- *Facebook*

Intervention Strategies Continued

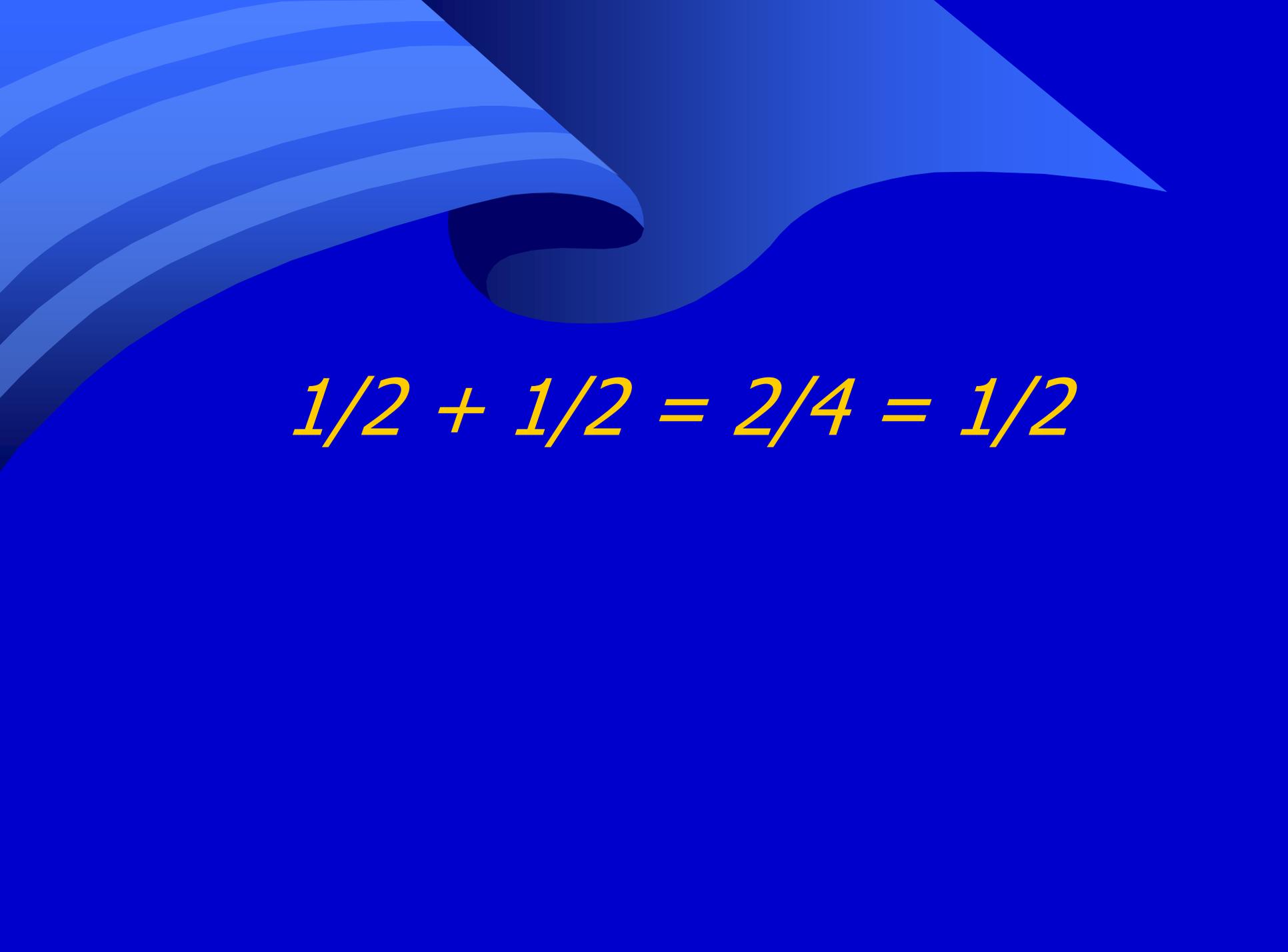
- *Network mentorship*
- *Provide support for single mothers of teenage girls*

The background is a solid dark blue. In the upper left, there are several curved, overlapping bands of lighter blue, creating a sense of movement or waves. In the upper right, there is a dark blue, angular shape that looks like a stylized arrow or a piece of a puzzle. The text is centered in the lower half of the image.

Help her leave addictive and abusive relationships.

Characteristics of Addictive Relationships

- *Lots of drama*
- *Obsession*
- *Smothering*



$$\frac{1}{2} + \frac{1}{2} = \frac{2}{4} = \frac{1}{2}$$

Characteristics of Addictive Relationships Continued

- *Extreme jealousy*
- *Abuse*
- *Decrease in emotional intelligence*
- *You tend to stay in spite of adverse consequences*
- *Withdrawal symptoms when alone*
- *When you leave one unhealthy relationship you enter another*

Characteristics of Healthy Relationships

- *Both partners are whole*
- *Each is growing and encouraging the other to grow*
- *Each has a separate life outside of the relationship*
- *Each is able to spend time alone*
- *Minimal jealousy*
- *No abuse*

Relationship Detox

Making a decision to not be in a relationship for awhile in order to cleanse yourself of the toxic effects of previous relationships.

What to do During Relationship Detox

- *Have a love affair with yourself*
- *Go for your goals*
- *Strengthen your spirituality*
- *Utilize therapy to understand your pattern*
- *Change the definition of "my type"*

Cycle of Domestic Violence

Lenora Walker, Ph.D.

	<i>Buildup</i>	<i>Violence</i>	<i>Honeymoon</i>
10			
9			
8			
7			
6			
5			
4			
3			
2			
1			

Interventions Strategies Continued

Coach fathers on how to be dads:

- *Examine the impact of how your father parented you*
- *You're important*
- *It's okay not to be perfect*
- *Stay involved with the school*

Interventions Strategies Continued

Coach fathers on how to be dads:

- *Attend her events*
- *Go to dinner together*
- *Respect your daughter's mother*
- *Become the on-call parent*
- *Listen to your daughter*

Interventions Strategies Continued

Coach fathers on how to be dads:

- *Side-by-side time*
- *Keep lines of communication open*
- *Take your daughter to school and work*

Interventions Strategies Continued

Provide resources- National Fatherhood Initiative www.fatherhood.org

- *24/7 Dad's curriculum*
- *Inside out program for incarcerated dads*
- *Dad email-weekly tips*
- *Dad's Club*

Interventions Strategies Continued

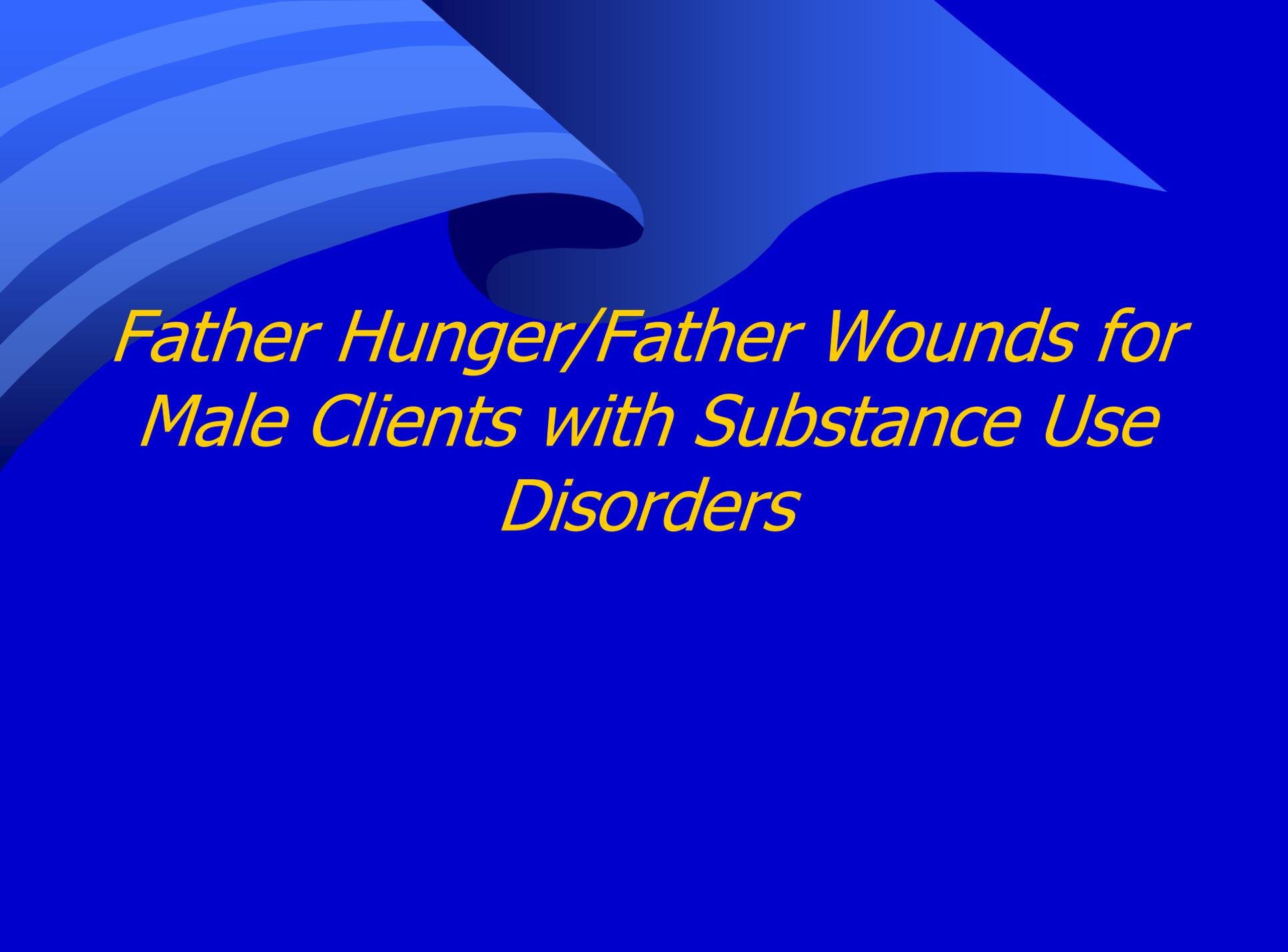
Helping dads with reconciliation

- *Assess insights into pain caused*
- *Prepare amends*
- *Make amends*
- *Expect rejection*

Interventions Strategies Continued

Helping dads with reconciliation

- *Move at your daughter's pace*
- *Be consistent*
- *Important not to let your relationship with your daughter's mother impact co-parenting*
- *Receive support from other fathers*



*Father Hunger/Father Wounds for
Male Clients with Substance Use
Disorders*

Core Issues for Males Wounded by Their Fathers

Father/ Son Pain

- *The absence of a caring father*
- *The presence of an abusive father*

Core Issues for Males Wounded by Their Fathers Continued

Male Depression

- *Lack of capacity to feel*
- *Externalization of their pain*
- *Feelings of inadequacy without hope*

Core Issues for Males Wounded by Their Fathers Continued

What Fathers Do

- *Hold their sons less than they hold their daughters*
- *Smile at their sons less*
- *Talk to their sons in rougher voice tones*
- *Discourage their sons from crying*

Core Issues for Males Wounded by Their Fathers Continued

- *Comfort their sons less when they do cry*
- *Give sons harsher discipline*
- *Give sons shorter explanations for tragic events*
- *Fathers are often rigid in steering their sons along traditional lines*

Core Issues for Males Wounded by Their Fathers Continued

- *Fathers roughhouse more with their sons with less physical attention, criticize more, correct them more, and play with them more competitively*
- *Talk less about feelings with their sons*

Core Issues for Males Wounded by Their Fathers Continued

- *Often laugh and smile if sons express ordinary levels of anger or aggression; if they express feelings of fear, anxiety or sadness, they are often steered away from these emotions.*

The Many Masks of Male Depression

- *Anger*
- *Rage*
- *Violence*

The Many Masks of Male Depression Continued

- *Substance Use*
- *Isolation*
- *Midlife Crises*
- *Affairs*
- *Thrill-seeking behavior*

The Many Masks of Male Depression Continued

- *Alcohol and drug use*
- *Suicide that looks like homicide*
- *The father as a limited role model*

4 Male Archetypes

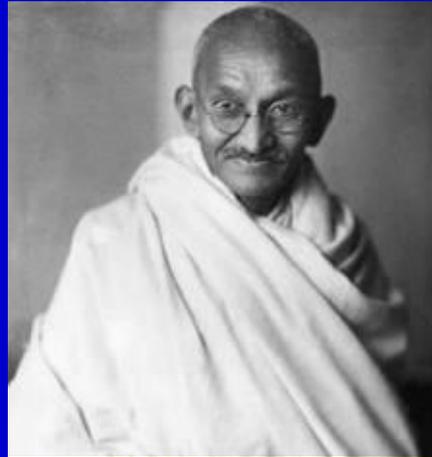
King, Warrior, Lover, Magician
by Robert Moore

King

Noble, leader, the man who blesses others. He sacrifices his needs for the good of the group.



*Winston
Churchill*



Ghandi



*Nelson
Mandela*

Warrior

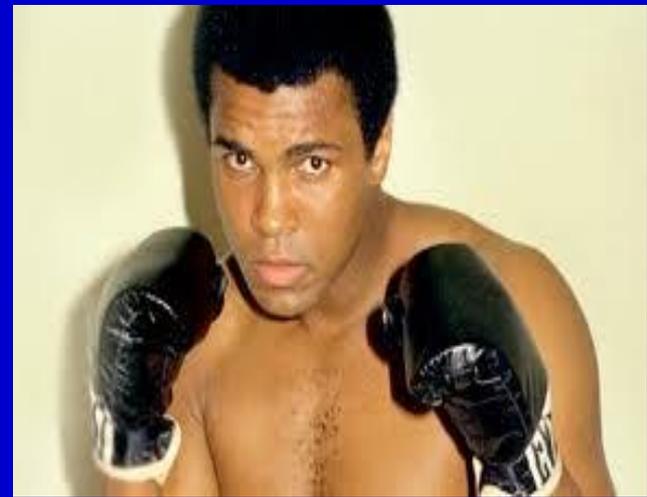
Protector, demonstrates courage

"Courage is not the absence of fear..."

Mark Twain



*Norman
Schwarzkopf, Jr.*



*Muhammad
Ali*

Lover

*Emotionally open, vulnerable, intimate,
Relationship builder,*

Magician

The man who pulls a rabbit out of a hat, negotiator, creative problem solver





Roberto Clemente

All four of these roles are present within one man. Each has a shadow. A less mature version of the archetype.

Robert Moore

Shadow King

Corrupt leader, dictator



Shadow Warrior

Bully, gang member, rage-a-holic



Shadow Lover

Womanizer



Shadow Magician

- *Con artist*
- *Manipulator*





Bryan Cranston

Core Issues for Males Wounded by Their Fathers Continued

- *Feelings of Failure/ Not being affirmed by the father*
- *Toxic masculinity- doing dangerous things in the name of being a man*
- *Performance anxiety*
- *Difficulty acknowledging fear (anger and rage are often okay to express)*
- *The father as a poor role model for intimacy*

Impact of Fatherlessness

- *Increased rate of depression and Anxiety Disorder*
- *5 times the average suicide rate*
- *Increased risk of complex trauma*
- *32 times the average incarceration rate*
- *Lower average income*

Impact of Fatherlessness Continued

- *Lower job security*
- *Higher unemployment rate*
- *Receive government entitlements for longer periods of time*
- *Increased rates of Substance Use Disorders*

Impact of Fatherlessness Continued

- *Increased rates of homelessness*
- *Difficulty with intimacy*
- *Emotional unavailability*
- *Desertion of the next generation*
- *Increased risk of chronic pain, asthma and life expectancy*

Source: Fatherhood Initiative

Intervention Strategies

- *One good relationship*
- *7 adults*
- *Provide mentorship and activities that build "heart" endurance and confidence*
- *Counseling for attachment and complex trauma*
- *Provide early help for Substance Use Disorders*

Intervention Strategies Continued

- *Use group interventions*
- *Help with disengagement from gangs and other destructive peer groups*
- *Help with rage*
- *Provide Rites of Passages*

Gang Prevention Socratic Questions

- *Do gang members make money selling drugs?*
- *When a gang member goes to jail, who usually visits?*

Gang Prevention Socratic Questions Continued

- *Who accepts collect phone calls?*
- *Who pays for the lawyer?*
- *Does the gang have a retirement plan?*

Gang Prevention Socratic Questions Continued

- *When do gang members want to leave the gang?*
- *What is the history of gangs in your area?*
- *Who do gang members fight with more, each other or rival gangs?*

Rites of Passage

Definitions

- *Events that mark a person's progress from one status to another*
- *Culturally prescribed rituals for transitioning adolescents into adults*
- *Arnold Van Gennap (1873-1957), an ethnographer, coined the phrase "LesRita de Passage" (1909)*

"The purpose of a rite of passage is to separate the person from their former group preparing them for the new phase of life and the increased pro-social responsibility that comes with that new life, followed by their celebratory reentry into society at a new level."

3 Phases of a Rite of Passage

- *Separation*
- *Transition*
- *Reincorporation/celebration*

Examples

Coming-of-age rites

- *Barmitzvah*
- *Batmitzvah*
- *Debutante Ball*

Examples Continued

- *Graduation*
- *Quinceanera*
- *Sweet Sixteen*

Examples Continued

Religious rites of passage

- *Baptism*
- *First Confession*
- *Confirmation*

Examples Continued

- *Barmitzvah*
- *Batmitzvah*
- *Quinceanera*
- *Missionary work*

Examples Continued

- *Promise Keepers*
- *New Warriors*

Examples Continued

Cultural Rites of Passage

- *Cattle herding- East Africa*
- *Hunting- Native Americans, Africans*
- *Celebration of first menstrual cycles-
Native American, Africans*